

THE CLAIMS

What is claimed is:

5 1. A shin rest comprising:

 a body portion which is dimensioned and configured to have a length which extends from about the top of a wearer's foot at least to a point below the wearer's knee, and a width which is at least sufficient to provide stable support for the wearer's leg when the wearer is in a kneeling position, and a depth, at least in the vicinity of the top of the wearer's foot,
10 which is sufficient to provide support to the wearer's leg whereby to reduce the force imposed on the wearer's foot when the wearer is in a kneeling position, as compared to the force which, in the absence of the shin rest, would be imposed on the same wearer's foot in the same kneeling position;

 one or more fasteners connected to the body portion and dimensioned and configured to secure the shin rest to the wearer's leg.
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 2. A shin rest comprising:

 a body portion comprised of (a) an outer shell having an outside surface and an inside surface, and (b) a cushion liner disposed on the inside surface of the shell, the body portion being dimensioned and configured (i) to extend from about the top of a wearer's foot to at least a point on the wearer's shin below the knee, (ii) to be of a width at least sufficient to provide stable support for the wearer's leg when the wearer is in a kneeling position, and (iii) to be of a depth at least sufficient to provide sufficient support to the wearers' leg whereby to reduce the force imposed on the wearer's foot when the wearer is in a kneeling position, as compared to
20 the force which, in the absence of the shin rest, would be imposed on the same wearer's foot in the same kneeling position; and

 one or more fasteners connected to the body portion and dimensioned and configured to secure the shin rest to the wearer's leg.

30 3. The shin rest of claim 1 or claim 2 wherein the body portion has a length of from about 12 to about 26 centimeters.

 4. The shin rest of claim 1 or claim 2 wherein the body portion has a depth of about 5 to about 13 centimeters.

5. The shin rest of claim 1 or claim 2 wherein the body portion has a width of from about 7 to about 13 centimeters.

5 6. The shin rest of claim 1 wherein the body portion comprises (a) an outer shell having an outside surface and an inside surface, and (b) a cushion liner lining the inside surface, which liner is dimensioned and configured to bear against the wearer's shin when the shin rest is secured to the wearer's leg.

10 7. The shin rest of claim 6 wherein the cushion liner is comprised of an elastomeric foam.

8. The shin rest of claim 2 wherein the cushion liner is dimensioned and configured to bear against the wearer's shin when the shin rest is secured to the wearer's leg.

15 9. The shin rest of claim 2 or claim 6 wherein the outer shell is comprised of a rigid material.

20 10. The shin rest of claim 9 wherein the outer shell has one or more bumper strips disposed on its outside surface.

11. The shin rest of claim 2 or claim 6 wherein the cushion liner is substantially co-extensive with the outer shell.

25 12. The shin rest of claim 1 or claim 2 wherein the fasteners comprise straps and connectors to secure the straps to the wearer's leg.

30 13. The shin rest of claim 12 wherein one or more of the straps are dimensioned and configured to wrap around the wearer's leg, and one or more of the straps are dimensioned and configured to wrap around the wearer's foot.

14. The shin rest of claim 1 or claim 2 wherein the body portion, at least along the length thereof which extends from about the top of the wearer's foot to a point below the wearer's knee, has a depth from about 5 to about 13 centimeters.

15. The shin rest of claim 1 or claim 2 wherein the body portion extends from about the top of the wearer's foot to and including the wearer's knee, and comprises a shin pad connected to a knee pad.

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16. The shin rest of claim 15 wherein the knee pad and the shin pad are connected by an articulated joint to enable the knee pad to flex as the wearer bends and straightens his or her knee.